

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

DECEMBER 2016

Magic Crust Quiche Hawaiian Baked Pork Cinnamon Raisin Morning Mix Mystery Muffins Hot Beef Dip

Magic Crust Quiche

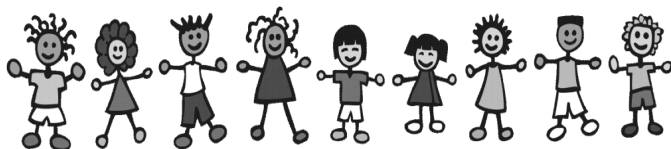
½ cup chopped onion
2 cups vegetables, any variety of frozen, fresh or leftovers
1 tablespoon oil
1 cup shredded, reduced-fat cheddar cheese
¾ cup baking mix like Bisquick
3 eggs
1½ cups fat-free skim or 1% milk



1. Heat oven to 350 degrees. Coat an 8 x 8 inch baking dish with cooking spray.
2. In a skillet, cook onion and vegetables in oil. Drain any excess oil after cooking.
3. Spread vegetables in the pan. Sprinkle cheese on top of the vegetables.
4. In a mixing bowl, combine baking mix, eggs, and milk. Pour over vegetables and cheese.
5. Bake for 35 minutes or until the quiche reaches an internal temperature of 160 degrees (using a food thermometer).

Recipe Source: www.whatscooking.fns.usda.gov

Nutrition Note: : This recipe makes 6 servings. Each serving has 204 calories, 8 grams of fat, 12 grams of protein, 22 grams of carbohydrates, and 331 milligrams of sodium.



Tips for Raising Healthy Eaters

Pass on traditions. Tell your kids about the foods mom and grandma made that they loved to eat. Also kids learn by doing, so let everyone help in the kitchen. Little ones might get the napkins, and older kids help with fixing foods and clean-up.

Hawaiian Baked Pork

2 cups crushed pineapple canned in juice (do not drain)
3 medium sweet potatoes, peeled and sliced
2 tablespoons brown sugar
4 pork chops, 6 ounces each



1. Heat oven to 350 degrees. Coat a large baking pan with cooking spray.
2. Place pineapple with juice in the baking dish.
3. Place sweet potatoes over pineapple and sprinkle with brown sugar, then top with pork chops.
4. Bake for an hour.

Nutrition Note: This recipe makes 6 servings. Each serving has 220 calories, 3 grams of fat, 18 grams of protein, 31 grams of carbohydrates, and 80 milligrams of sodium.

Breastfeeding:

Why breastfeed?

“To be as healthy as possible and have bonding time.” ~ WIC Breastfeeding Mom from the Minot

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Cinnamon Raisin Morning Mix

¼ cup white sugar
1¼ teaspoons cinnamon
3 tablespoons margarine or butter
1½ cups corn square cereal (like Chex)
1½ cups rice square cereal (like Chex)
1½ cups wheat square cereal (like Chex)
½ cup raisins or other dried fruit



1. In a small bowl, mix sugar and cinnamon; set aside.
2. Melt margarine in a large microwavable bowl for about 40 seconds on high.
3. Add cereals to melted butter and stir until well mixed. Microwave 1 minute on high, then stir and microwave another minute.
4. Sprinkle half of the cinnamon mixture over cereal. Stir, then add the remaining cinnamon mixture and stir again. Microwave for 1 minute.
5. Add dried fruit. Spread on paper towels to cool.

Nutrition Note: This recipe makes 9 servings. Each serving has 160 calories, 4 grams of fat, 2 grams of protein, 30 grams of carbohydrates, and 180 milligrams of sodium.

Mystery Muffins

- 1½ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup white sugar
- 2 large eggs
- 1 cup 1% or fat free skim milk
- ½ teaspoon vanilla
- 2 tablespoons oil
- 2 tablespoons unsweetened applesauce
- 12 pieces of your favorite fruit, such as 12 medium strawberries, 12 1-inch banana chunks, 12 pitted cherries, or 12 peach slices (frozen or canned fruit can also be used)
- 2-3 tablespoons white sugar

1. Preheat oven to 350 degrees.
2. Coat a muffin pan with cooking spray or line with paper muffin liners.
3. Mix flour, baking powder, baking soda, salt and ¼ cup sugar in a large bowl.
4. Combine eggs, milk, vanilla, oil and applesauce in a separate bowl. Mix well.
5. Add egg mixture to flour mixture. Stir just until blended.
6. Fill muffin cups ½ full with batter. Roll each piece of fruit in a small amount of sugar. Use your finger to punch fruit down into the batter in each cup.
7. Bake for 20 minutes or until lightly browned. Let cool 5 minutes. Remove muffins from pan and cool completely.

Recipe Source: Minnesota WIC Program

Nutrition Note: This recipe makes 12 muffins. Each serving has 130 calories, 3.5 grams of fat, 3 grams of protein, 21 grams of carbohydrates, and 200 milligrams of sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

North Dakota Department of Health
600 E. Boulevard Avenue., Dept. 301
Bismarck, N.D. 58505-0200
800.472.2286, option 1



Turn Off the TV



Turn on holiday music and dance together.
Sing your favorite songs.

Source: Nutrition Matters™



Hot Beef Dip

- 1 pound lean ground beef
- 1 can (16 ounces) fat-free refried beans
- 1 to 1½ cups salsa
- 16 ounces low-fat cream cheese, sliced
- 1 cup shredded reduced-fat cheddar cheese

1. Heat oven to 350 degrees.
2. Brown ground beef in a skillet. Drain and rinse the meat after cooking.
3. Add the beans and salsa to beef. Mix well and place into a 10-inch baking dish.
4. Layer the slices of cream cheese on top of the beef mixture. Sprinkle with cheddar cheese.
5. Bake for 15 to 20 minutes or until cheese is melted. Serve with baked tortilla chips or whole-grain crackers.

Nutrition Note: This recipe makes 20 servings. Each serving has 120 calories, 6 grams of fat, 10 grams of protein, 8 grams of carbohydrates, and 370 milligrams of sodium.

GROWING HAPPY FAMILIES



Make meals and memories together.
It's a lesson they'll use for life.

Children like to try foods they help make. They feel good about doing something "grown up." Praise their efforts. Their smiles will light up your kitchen.